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PAGE 13



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Election fever in Canada

Americans vote abroad.

There are an estimated 100,000 U.S. expats living in Alberta, the NWT and Saskatchewan

ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

As Americans head to the polls on Tuesday to choose their president, expats in Edmonton will be paying close attention to one of the tightest presidential races in recent U.S. history.

For Americans living abroad, like Diana Keto-Lambert, residing hours from the nearest U.S. border doesn't mean they can't vote for the next president.

Keto-Lambert, Edmonton chapter chair of Democrats Abroad, helped the group register more than 75 Americans living in Edmonton for the election through awareness

Venues

Where to watch the presidential election results in Edmonton:

- Democrats Abroad will be gathering at 6 p.m. at Champ's Bar and Grill (11712 87 Ave.).
- Canadian International Council Edmonton branch is having an E-day Party at 5:30 p.m. at One One Eight (11806 Jasper Ave.).
- Election Apocalypse will take place at 8 p.m. at Plato's Pizza (8514 109 St. NW).

booths at farmers' markets and the University of Alberta.

"We find that if you go out and be in the public eye a lot, people will come naturally and say, 'Oh I didn't know I could

vote from abroad,'" Keto-Lambert said.

American citizens living abroad can submit an absentee ballot ahead of every election in which they are eligible to vote.

Keto-Lambert also knocked on doors for Barack Obama in North Carolina while visiting her parents over Canadian Thanksgiving.

The American, who has called Edmonton home for five years said, there is "only a handful of states" Republican presidential candidate Mitt Romney is playing for.

"I think even if (Romney) does get one or two of them, he's still not going to do it. I do think that Obama is going to win on election day," she said.

The presidential election will be close, predicted Peter Kujawinski, consul general of the United States of America for Alberta, Saskatchewan and the Northwest Territories.

"I think every vote counts," he said.

City resetting rave culture

Edmonton responds with changes after last April's Elements Music Festival sent 20 people to hospital — mostly for drug overdoses

Pakistani girl dies in honour killing

15-year-old killed by acid after reportedly being caught looking at a boy

Montreal mob war back on?

Murder of alleged underworld crime figure ends a quiet period after a series of mafia-related hits, mostly centred around the Rizzuto family

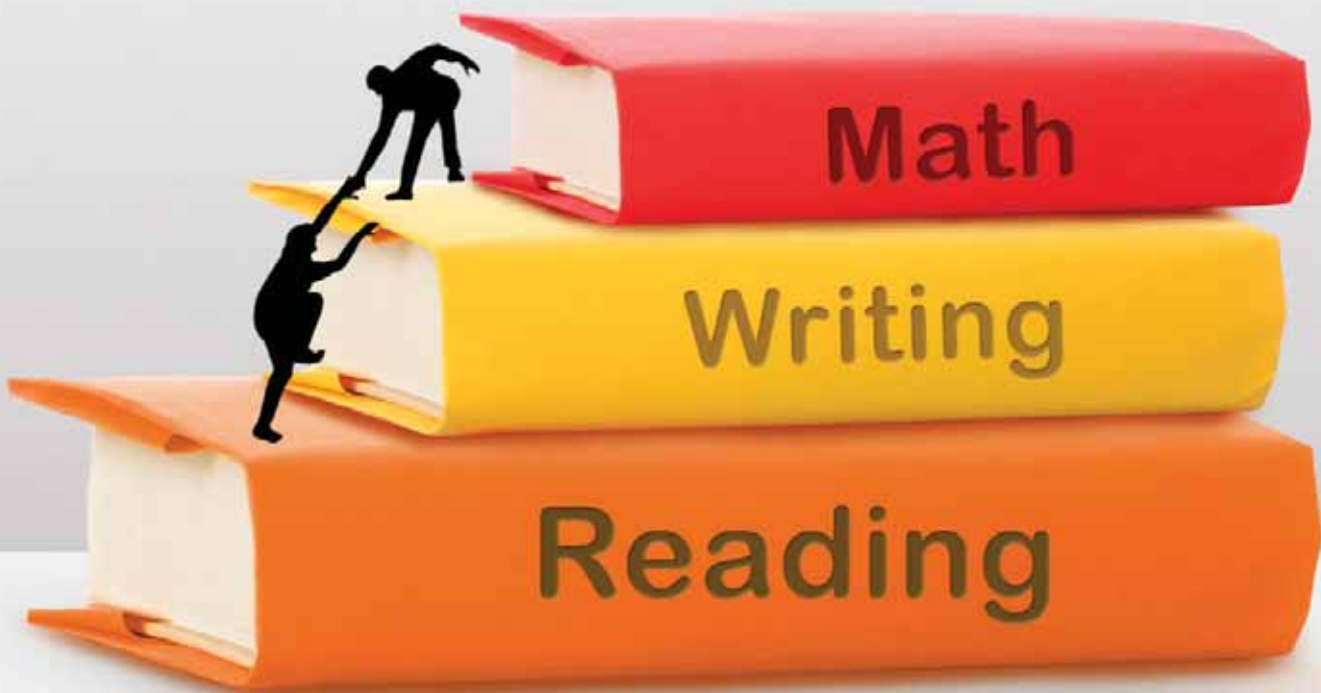


U.S. Consul General Peter Kujawinski, seen in his Calgary home Sunday, said it has become much easier for Americans living abroad to vote in recent years. JEREMY NOLAIS/METRO

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Cost

Downtown signage system gets cool reception

A proposed downtown way-finding signage system got pointed in a new direction at city council's executive committee on Monday.

City administration presented a business case for a new system downtown that would include signage on the street and in the pedway system for \$2 million spent over the next three years, but councillors did not respond warmly to the idea.

Mayor Stephen Mandel urged administration to consider simply putting the project out for a competitive tender process rather than using a consultant to design a system and then implement it.

RYAN TUMILTY/METRO

Driving

Move to right when you see lights, hear sirens

Edmonton motorists are being reminded to look, move and stop when they see flashing lights and hear sirens on emergency vehicles.

A lot of drivers panic, freeze, or move to the wrong side of the road when they see an activated emergency vehicle, which causes unnecessary delays, said EPS Const. Martin Doherty at a media event Monday.

"We're trying to prevent collisions here, trying to get to that call as quickly and safely as possible and to save lives," he said.

Alongside other responders, EPS is reminding drivers to look, signal and move to the right, and stop to make sure all emergency vehicles have passed, when they see lights and hear sirens.

METRO

City council. Edmonton to lower proposed distance restriction on body rub parlours to 100-metre standard

City councillors accepted recommendations to ease up some proposed restriction for body rub parlours, but also asked the city to do more for parlour workers.

Earlier this year, the city's executive committee asked council to draft a bylaw requiring the parlours to be located at least 300 metres from schools, daycares and parks and from each other.

After studying the issue however, city administration reported that a restriction like that would push parlours

underground. Instead they recommended a 100-metre standard which councillors endorsed Monday.

Kate Quinn, executive director of the Centre to End All Sexual Exploitation, encouraged councillors to stick with the tougher standard.

She also encouraged the city to take more measures to help women leave that lifestyle behind.

"We need to be opening up more affordable daycare spaces rather than opening up more parlours."

Councillors did ask for administration to look into mandatory signage in the licensed parlours, specifying what was and was not allowed as well as creating a hotline for workers to call.

Coun. Amarjeet Sohi supported the lowered restriction, but said he was specifically concerned about immigrant women who might not understand their rights.

"They have no knowledge about the Canadian system, no knowledge about the laws of this land." RYAN TUMILTY/METRO



City councillors agreed to lower proposed distance restrictions on body rub parlours. RYAN TUMILTY/METRO

Raves need better planning, city says

Electronic music events. City responds with changes after Elements festival in April, when several event-goers were sent to hospital due to drugs

Drugs

20

Over two days, more than 16,000 people attended the Elements event. Paramedics transported 20 people to hospital during the event, mostly for drug overdoses.

serious problems at Elements.

"The doctors said to us straight up that if they weren't there to inject valium into people there would have been significant damage, people would have died."

Chapdelaine said it was good to have everyone endorse the recommendations.

Elements promoter Viet Nguyen said the recommendations are reasonable and promoters are happy to pay for the increased costs.

"The recommendations are fair enough, promoters like ourselves we will pay the cost associated with large events."

He said Edmonton is becoming an important part of the electronic music scene.



The city will better co-ordinate large-scale electronic music events in the future, requiring promoters to plan further in advance for their events and to work closely with police and paramedics to make the events safer. METRO FILE

RYAN TUMILTY

ryan.tumilty@metronews.ca

The City of Edmonton will better co-ordinate and plan for large-scale electronic music events after an April event sent dozens to hospital.

City council approved a series of recommendations to better co-ordinate the events along with bylaw changes requiring promoters to submit applications earlier.

The city studied the issue after the Elements Music Festival in April, which saw dozens go to hospital.

Det. Nicole Chapdelaine, with the public safety compliance team, said there were

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1 NEWS



Grant MacEwan University student Jacquie Lycka shows off a box of apples picked by students that will be donated to the Students' Association Food Bank. ANNALISE KLINGBEIL/METRO

Class brings sweet relief to food bank with fresh apples

Students helping students. Grant MacEwan fundraising competition spurs massive donation

ANNALISE KLINGBEIL

annalise.klingbeil@metronews.ca

Granny Smith would be proud of Grant MacEwan University students as they put their apple-picking powers to good use.

A mammoth donation — all 629 pounds worth — was gathered by 32 students from trees across the city as part of an ongoing fundraising competition for the Students' Association Food Bank.

A dozen introductory business classes were tasked with raising awareness and donations for the food bank while competing against each other.

Sweet idea

- Most food banks accept fresh fruit and vegetables, in addition to non-perishable items.
- Operation Fruit Rescue Edmonton was established in 2009 and mobilizes volunteers to harvest, process and preserve excess local fruit.
- The class of 32 Grant MacEwan University public relations students went on seven "fruit picks" in the fall, each lasting nearly five hours.
- They picked 629 pounds of apples, which will be donated to the Students' Association Food Bank.

Team leader Jacquie Lycka's class chose to partner with

Operation Fruit Rescue Edmonton, a non-profit that picks fruit from city backyards.

"Everybody should know that you are totally able to donate fresh fruit and vegetables to the food bank," Lycka said.

The 32 students spent several hours in October picking apples from homes registered on Operation Fruit Rescue Edmonton's database.

Without the volunteer pickers the apples might have gone to waste, and Lycka says homeowners were grateful the students were able to put the fruit to good use.

The students have also created a YouTube video describing their project and are eagerly anticipating the competition's conclusion Friday, when they'll find out if they've won.

"I've learned that when you give 30 students an initiative, they definitely take it on. I'm blown away at the amount of work that my class has done in this project," Lycka said.

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Fare increase over four years. City, student groups reach deal on U-Pass

City administration has negotiated a deal with several local student associations for a \$7.50-per-year increase in U-Pass fares over the next four years.

Student groups raised concerns a prior proposed increase would not pass in referendums set for spring.

Naseeb Adnan, vice-president with the University of Alberta Graduate Students' Association, said this was a reasonable position while the city implements a smart fare system to measure actual student use.

"This is not the ideal, but since we don't have the accurate data as an interim method

U-Pass deal

- Currently priced at \$140 per semester, the pass will rise \$7.50 per year over the next four years until it reaches \$170 in 2016.
- Students at NAIT, Grant MacEwan University and the University of Alberta all pay mandatory fees that contribute to the U-Pass program.

the student leaders opted to go for a \$7.50 increase."

RYAN TUMILTY/METRO

Minor injuries

EPS officer dragged during traffic stop

A west-division constable sustained minor injuries after he was dragged a short distance during a traffic stop early Sunday morning.

The EPS officer pulled over what appeared to be a suspicious vehicle containing a driver and a passenger in the area of Mayfield Road.

The passenger in the pulled-over vehicle allegedly attempted to drive off and the constable was dragged before he was able to pull himself into the vehicle.

METRO

University breaks ground on \$57-million complex

PAW centre at U of A. Gym, climbing wall, restaurant all part of new building

RYAN TUMILTY

ryan.tumilty@metronews.ca

The University of Alberta began construction Monday on a 110,000-square-foot complex that will house a new gym, climbing wall and a host of other student space.

Green building

- The facility will feature solar cells, micro wind turbines and fuel cells to generate power and heat and is being built to a four-globes environmental standard.
- The facility's fitness centre will take up more than 25,000 feet in the new building.



An artist's rendering of the PAW centre, which is now under construction. The facility is set to be open in 2014 and has a gym, climbing wall and a host of other student space. CONTRIBUTED

The \$57-million Physical Activity and Wellness (PAW) centre, beside the existing Butterdome, is scheduled to open in 2014 and has \$30 million of student money going into the project through a dedicated levy.

University of Alberta Students' Union president Colten Yamagishi said the partnership with the school on the project is going to work

for everyone.

"It's a great project. It has been a collaboration between the students, the faculty and the university, and it has been amazing what we can do when we put our heads together," he said.

Graduate Students' Association president Ashlyn Bernier said exercise has helped her with exam-related stress and the facility will be great

for the community.

"I can say with absolute certainty that having these facilities available has allowed me to be a more happy, healthy and engaged student."

The remaining funding includes \$4.5 million from the Alberta Lottery Fund, \$17.5 million in university funds, and \$10 million from an anonymous donor.

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Candidates make final push

Election Day. Final polls show Obama having a slight advantage, with Mitt Romney pulling even in Virginia and Florida

President Barack Obama and Mitt Romney stormed into the final day of campaigning before Election Day, once again visiting the toughest battleground states, trying to fire up their supporters and defend their highly contrasting visions for the U.S.

Nationwide polls show the two locked in one of the closest, and most expensive, presidential races in recent U.S. history. The hard-fought race has laid bare one of the most polarized American electorates in decades, choosing between two very different paths for the world's most powerful country. Uncertainty over the outcome weighed on investors worldwide.

Both candidates eagerly emphasized the stark choice Monday, trying to convince their core supporters too much is at stake to stay home on Election Day. With few undecided vot-



Workers carry voting machines up a set of debris-covered steps at East Elementary School in Long Beach, N.Y., Monday, as it is set up to serve as a polling station. Officials are working to hold an election in storm-ravaged parts of New York and New Jersey barely a week after Superstorm Sandy. JASON DECROW/THE ASSOCIATED PRESS

ers left, getting their supporters to the polls was crucial for both sides.

"This is not just a choice between two candidates or two parties. It is a choice between two visions," Obama told nearly 20,000 people in Wisconsin.

"Our choice tomorrow is going to lead to very different

outcomes," Romney said at a rally in Virginia.

A majority of polls in the battleground states — especially in Ohio and other Midwestern states of Iowa and Wisconsin — show Obama with a slight advantage. That gives him an easier path to the 270 electoral votes needed for vic-

tory.

Rock legend Bruce Springsteen and rapper Jay-Z were joining Obama for Ohio events on Monday.

"We have one job left," and that's getting people out to vote, Romney told a Florida crowd Monday morning. The crowd chanted, "One more

day!"

Both Obama and Romney say this year's winner will be determined by which of their campaigns can get the most supporters to the polls. "This is going to be a turnout election," the president declared in an interview that aired Monday.

THE ASSOCIATED PRESS

Superstorm Sandy

N.Y. officials scramble to ensure residents can vote

With 1.4 million customers still without power a week out from Superstorm Sandy, election officials are scrambling to make sure that everyone who wants to vote will be able to have their say starting 6 a.m. and ending at 9 p.m. on Tuesday.

While the number of people without power in New York state has dropped drastically from 2.2 million to 538,000, many parts of hard-hit areas like Staten Island still don't have electricity. With public transportation not up and running at 100 per cent, people might find it difficult to get to their assigned polling location, especially if they are staying with a friend or relative outside their zone. It doesn't help that the gas shortage is creating hours-long lines, and some roads are still unsafe to drive on.

MICHELLE CASTILLO/
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Pakistani parents say they killed daughter with acid for looking at a boy

Ongoing issue. So-called honour killings a problem in Pakistan, where at least 943 women were killed in the name of honour last year, report says

A Pakistani couple accused of killing their 15-year-old daughter by pouring acid on her carried out the attack because she sullied the family's honour by looking at a boy, the couple said in an interview broadcast Monday by the BBC.

The girl's death underlines the problem of so-called "honour killings" in Pakistan, where women are often killed for marrying or having relationships not approved by their families or because they are perceived to have somehow dishonoured their family.

The girl's parents,

Mohammad Zafar and his wife Zaheen, recounted the Oct. 29 incident from jail.

The father said the girl had turned to look at a boy who drove by on a motorcycle, and he told her it was wrong.

"She said, 'I didn't do it on purpose. I won't look again.' By then I had already thrown the acid. It was her destiny to die this way," the girl's mother told the British broadcaster.

Television footage of the couple showed them standing behind bars in separate, but adjoining jail cells.

The father said the family had already come under public censure because of their older daughter's behaviour, but he did not detail what exactly he meant.

Pakistani officials initially said the attack occurred because the girl supposedly had an affair with a boy.

According to the Human Rights Commission of Pakistan, at least 943 women

Quote

"It was her destiny to die this way."

Zaheen Zafar, the girl's mother
She talked to the BBC in a recent interview from behind bars

were killed in the name of honour last year.

Only 20 of the women were reported to have been given medical care before they died, the report said.

The real toll is believed to be higher because many of the crimes go unreported.

"Throughout the year, women were callously killed in the name of honour when they went against family wishes in any way, or even on the basis of suspicion that they did so. Women were sometimes killed in the name of honour over property disputes and inheritance rights," the report said.

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Alleged mafioso's murder could reignite war

Montreal Mafia.

Shooting ends a quiet period following a series of mafia-related hits, mostly centred around members of the Rizzuto family

A man alleged to be an influential member of the criminal underworld, whose career

spanned nearly five decades, has been gunned down in what appears to be a new chapter in Montreal's ongoing Mafia war.

The killing of Joe Di Maulo is the first murder of a reputed Mafia boss since Vito Rizzuto, allegedly the most powerful Sicilian mobster in Canada, emerged from a long prison stint. Di Maulo was said to have once worked for a rival crime faction before joining with the Rizzutos in the 1970s.

He was killed outside his home late Sunday.

Di Maulo's body was found face down in the driveway of his home, which borders a golf course in a posh suburban area. Police said a 911 call came from a member of the family inside the home.

He was the brother-in-law of Raynald Desjardins, charged with first-degree murder in the slaying of the alleged Mob boss Salvatore Montagna. Currently awaiting

trial, Desjardins recently lost a bid to get out of testifying before Quebec's corruption inquiry.

Sources said Di Maulo suffered at least two gunshot wounds to the head but police would only say that an autopsy was needed to determine the cause of death.

"We're still at the beginning of the investigation," Sgt. Benoit Richard of Quebec provincial police said Monday.

THE CANADIAN PRESS



Police investigators examine the crime scene where alleged mob boss Joseph Di Maulo was murdered in front of his home Monday. RYAN REMIOWZ/THE CANADIAN PRESS

Stepping aside. Embattled Montreal mayor resigns amid corruption scandal

Montreal's mayor has resigned in the midst of a corruption scandal, becoming the highest-profile political casualty of the controversies currently rocking Quebec.

Gerald Tremblay said he had done nothing wrong, but was stepping aside for the greater good of a city that is now politically paralyzed. Large construction contracts have been frozen and even the municipal budget has had to be rewritten in recent days.

"I cannot help anymore, given the circumstances," Tremblay said in a solemn resignation announcement late Monday at city hall.

The 70-year-old mayor held onto office just long enough to delay an election to replace him — which would have been triggered had he resigned only a few days earlier.

Tremblay avoided the public eye last week and took two days off work. Because he left after Nov. 3, one year before the next scheduled election, provincial law says he can now be replaced with an interim mayor chosen by the city council that is controlled by his scandal-plagued party.

He insisted he was unaware of corruption in his administration and learned about it after the fact. THE CANADIAN PRESS

Holy roller

Gambling nun to appear in court

Authorities say a nun with a gambling addiction is accused of stealing \$128,000 from two rural parishes where she worked. The nun is a member of the Sisters of St. Francis, based north of Buffalo. THE ASSOCIATED PRESS

Submerged

SUV lands in swimming pool

An Ottawa motorist was being treated for mild hypothermia after his vehicle ended up in a swimming pool Monday morning. According to paramedics, a car crashed through a fence and landed in the shallow end of a swimming pool in about a metre of water.

METRO IN OTTAWA



An SUV that crashed and landed in a swimming pool. METRO

Not quite Sandy

New storm could worsen situation

A new storm is expected to hit the New York-New Jersey region still shivering and cleaning up after last week's Superstorm Sandy, bringing the threat of 89 km/h gusts and more beach erosion, flooding and rain by Wednesday. Temperatures dipped toward freezing early Monday, and tens of thousands of people without power along the ravaged Atlantic coastline faced the growing certainty that they would have to find somewhere else to stay. THE ASSOCIATED PRESS

U.S. election

Sask. Premier Wall weighs in

As Americans take to the polls today, Saskatchewan Premier Brad Wall says the next president of the United States must endorse free and fair trade between Canada and the U.S. Wall also noted the next president should also endorse the \$7 billion Keystone XL pipeline, which President Obama rejected in January of 2012. THE CANADIAN PRESS

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Big tobacco denies 1950s pro-smoking conspiracy

Recouping health-care costs. Every province except Nova Scotia has filed similar lawsuits

Two big foreign-owned tobacco companies asked Ontario's top court Monday to dismiss a \$50-billion lawsuit launched against them by the provincial government.

Lawyers for British American Tobacco and R.J. Reynolds Tobacco Co. argued they should not be included in the legal action if the Appeal Court lets the case proceed.

They said the lawsuit is based on a false theory that the companies conspired in the 1950s to withhold information from Ontario smokers about the harmful and addictive ingredients in cigarettes.

The companies contend there is no evidence that a conspiracy ever took place or that they specifically targeted Ontario. British American Tobacco notes it did not exist until 1997.

Ontario launched a lawsuit

The argument

Both companies claim the government has also manipulated laws related to smoking to help it with its court action.

- "Ontario has unilaterally designed the very legal garb which will determine the locus of the claim and seeks to rely on its statute and pleading as the basis for a real and substantial connection," according to the documents.

against 14 tobacco companies in September 2009 in an effort to recoup past and present health-care costs related to smoking. The province claims the corporations should be on the hook for billions of dollars because they misrepresented the risks of smoking, did not take steps to reduce the effects and marketed cigarettes toward children and teens.

THE CANADIAN PRESS



17th-century anti-hero now a cyber-icon for hackers

Members of the Lewes Bonfire Society parade through Lewes, southern England, on Monday, as part of their bonfire night revels celebrating the unsuccessful attempt to blow up the House of Lords by Guy Fawkes and others in 1605. There were fireworks and bonfires throughout much of England to mark the anniversary. The cyber-rebel group Anonymous draws much of its iconography from the story of Fawkes, and the anti-hero's ghostly white mask is a staple of the online movement's demonstrations. GARETH FULLER/PA/THE ASSOCIATED PRESS

Northern Ontario

Hockey dad faces assault charge

A hockey dad has been charged with assault after a confrontation with a referee at a midget-level hockey game in Cochrane, Ont., last month. Provincial police say the official was "poked aggressively" and "subjected to blasphemous insults" by a man at the Oct. 18 game between Cochrane and Iroquois Falls. THE CANADIAN PRESS

Feds, provinces pitch in

Hay, you need some help?

Ontario and western Quebec farmers hit by a serious summer drought are getting government help to feed their livestock over the winter. The federal and provincial governments say they will split the cost of contributing to private efforts to ship hay from Alberta and Saskatchewan to the drought-affected areas. THE CANADIAN PRESS

Remembrance pay

New \$20 bill honours soldiers

On Wednesday, the Bank of Canada will begin circulating a new \$20 bill made of polymer instead of paper.

The new bill pays tribute to the contributions and sacrifices of Canadian men and women in all military conflicts and is being released just before Remembrance Day. The note features a view of the Canadian National Vimy Memorial on its back.



The front and back of the new \$20 bill. HANDOUT/BANK OF CANADA

The bill will be formally introduced in a ceremony at the Canadian War Museum in Ottawa. THE CANADIAN PRESS

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Market Minute



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Skins sues cycling body for damage to reputation

Armstrong fallout.
Firm says it's suffered from investing in sport 'tarnished' by doping

Sportswear company Skins is suing cycling's governing body for \$2 million US, claiming its brand has been damaged by backing the sport as the Lance Armstrong doping scandal unravelled.

Skins, which was founded in Australia and is based in Switzerland, has sponsored cycling teams and riders for five years, and supplied race suits for the United States at the London Olympics.

While Skins has never sponsored Armstrong or the UCI, it wants compensation for the reputational damage it says it has suffered by investing in a sport "tarnished" by doping.

"Skins was under the illusion that professional cycling had been fundamentally reformed to contain doping and to minimize the risks of scandals with which the brand of any sponsor could be associated," lawyer Cedric Aguet wrote Friday in a letter to the UCI that was released Sunday. "It has now been proven that these legitimate expectations have been betrayed on the grounds you are aware of."

The UCI has agreed to strip Armstrong of his seven Tour de France titles and ban him for life, following a report from the U.S. Anti-Doping Agency that accused him of leading a massive doping program on his teams. UCI president Pat McQuaid has agreed to create a commission to examine allegations about the governing body's conduct raised by USADA.

THE ASSOCIATED PRESS



Mini millions: Consumers snap up new iPads

A staff member of Apple Inc. hands an iPad Mini to a customer in Hong Kong. Apple said Monday it sold three million iPads of all kinds in the first three days it sold the new Mini model. According to analyst Brian White at Topeka Capital Markets, the Mini model sold out at 60 per cent of U.S. Apple stores. The full-size iPad got an update on Friday as well, with a faster processor and a better front-facing camera. VINCENT YU/THE ASSOCIATED PRESS

Air travel

WestJet's load factor hits record

WestJet Airlines flights flew 81.2 per cent full in October — the fourth month in a row of record high load factors for the Calgary-based company. The airline said it flew 113,000 more passengers in October than a year ago. THE CANADIAN PRESS

Photo-sharing app

Instagram heads to the web

Instagram, the photo-sharing app created for mobile phones, is expanding to the web. The service, owned by Facebook Inc., said on its blog Monday that it will launch profiles on the web over the next few days. Previously, user profiles

existed only on Instagram's mobile applications accessed on the iPhone or Android devices. Now, users will have a website with a profile photo, bio and a selection of the snapshots they've recently shared on Instagram.

The layout of the web profiles is reminiscent of Facebook timelines, except with little text and no ads.

THE ASSOCIATED PRESS

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VANCOUVER ISLAND UNIVERSITY PHOTO

be studying with students from around the world," Dykeman says.

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For more about the MBA programs at VIU, visit viu.ca/mba, or contact Brock Dykeman at brock.dykeman@viu.ca or 250-740-6178.

MIDDLE-CLASS VOYEURISM AND THE 'REDNEXPLOITATION' OF HONEY BOO BOO



SHE SAYS...
Jessica Napier
metronews.ca

In North America, our caste systems might not be as apparent as in other parts of the world, but we certainly don't live in a classless society. Defining yourself by your class

seems like a rather anachronistic thing to do, but sometimes I can't help but think about where I might fit in on the grand social hierarchy. Every time I step on a plane, I take a look at the business class executives enjoying champagne in their reclining cocoon seats and realize that I'm definitely a few rungs down the ladder.

Our underlying socioeconomic divisions are perhaps most evident in the world of reality television. Popular docu-lite programs such as *Here Comes Honey Boo Boo* and *My Big Fat Gypsy Wedding* establish definite class boundaries between the viewers and the characters.

Trailer TV

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity.

Best categorized as laugh-and-point programming, these shows feature ensembles of rednecks and gypsies who are portrayed in a way that captures our fascination but also works to marginalize their way of life. And while these shows might be entertaining at times, they also frame

issues around poverty, bad nutrition, lack of education, violence and alcoholism — as punch lines rather than problems. The worlds of child brides and pigs for pets are so far removed from our own that they provide us with a fixed point of reference from which to establish our own superiority. Viewers comfort themselves in the knowledge that we are in some ways "better" than the overweight hillbillies from America's Deep South or the trailer-dwelling Irish Travellers of the British countryside.

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity. Urbane cable subscribers can slum it for an hour or so before going back to their regularly scheduled lives.

But you have to wonder if the individuals who appear on these shows are really being exploited or if they're simply taking advantage of an opportunity. Are *Honey Boo Boo*'s redneck clan and the Roma families of the U.K. cashing in on our fascination with the unknown and playing up their lifestyles for a profit?

Some argue that these reality stars enjoy the attention (even when it's negative) and are happy to use their per-episode-paycheques to better their lives. So where's the real harm in that?

While you could say it's a win-win-win situation for all — the viewers, the reality stars, and most definitely the television networks — we can't ignore the problematic aspects of these exploitative shows.

Frankly, all of the 'sketti' and hair spray is starting to leave a bad taste in my mouth.

Mud on your face, but no big disgrace



CHRIS JACKSON/GETTY IMAGES

Diamond Jubilee tour

Pacific nation's best greet royals

Asaro Mudmen, traditionally-dressed tribespeople with head wear made of clay, line up to greet the Prince of Wales and his wife Camilla, the Duchess of Cornwall, in Port Moresby, Papua New Guinea.

The British royals were visiting the Pacific nation as part of their tour to celebrate the Queen's Diamond Jubilee. **METRO**

History of ethnic dancers

Mudmen dance to story of ancestors

The Asaro Mudmen are a group of dancers from the village of Goroka in the rugged Eastern Highlands province of Papua New Guinea.

Their performances, first made in the 1970s, tell the story of ancestral tribesmen, who wore clay masks and bamboo sticks on their fingers to frighten their enemies. Today, the mystical dancers are a major tourist attraction. **METRO**

Speaking local tongue



"Mi bringim bikpela tok hamamas bilong mejesti

kwin Papua Niugini na olgeta haus lain bilong mi lon dispela taim bilong Diamon Jubili misis kwin. Mi tokpisin olrite?"

Prince Charles
Speaking in one of PNG's 800 languages, Tok Pisin, a type of Creole

"I bring you greetings from Her Majesty the Queen of Papua New Guinea and from all my family members during this celebration of the Diamond Jubilee of the Queen. Was my Tok Pisin correct?"

Translation of what the Prince of Wales said to a crowd of 5,000 in Port Moresby, Papua New Guinea



Honey Boo Boo's family is being exploited while capitalizing on our thirst for trash TV. YOUTUBE SCREEN GRAB



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Are you becoming more concerned about a major natural disaster affecting you and your family?



Twitter

@BabyBumpDoula:

Guess the nasty winds gusts made us look esp cold to the nice #yeg #ets driver who stopped and offered us a ride up the street to keep warm.

coats in the snow. This week: no snow, white coats. Silly #yeg weather!

@Marty_Chan:

I'm not saying it's windy in #yeg, but I think I just saw Dorothy fly by. #yegwx

@Drone_Bee:
Thanks to the thoughtful man who gave me his parking receipt: saved me \$16 and made my day! Keep it up #yeg #sharethelove #gooddeed

@kbiittner:

I feel sorry for the #ualberta rabbits. Last week they had brown

@jeffdwoodward:
I think the most secure job in #yeg might be escalator repairman. #theyarealwaysbroken



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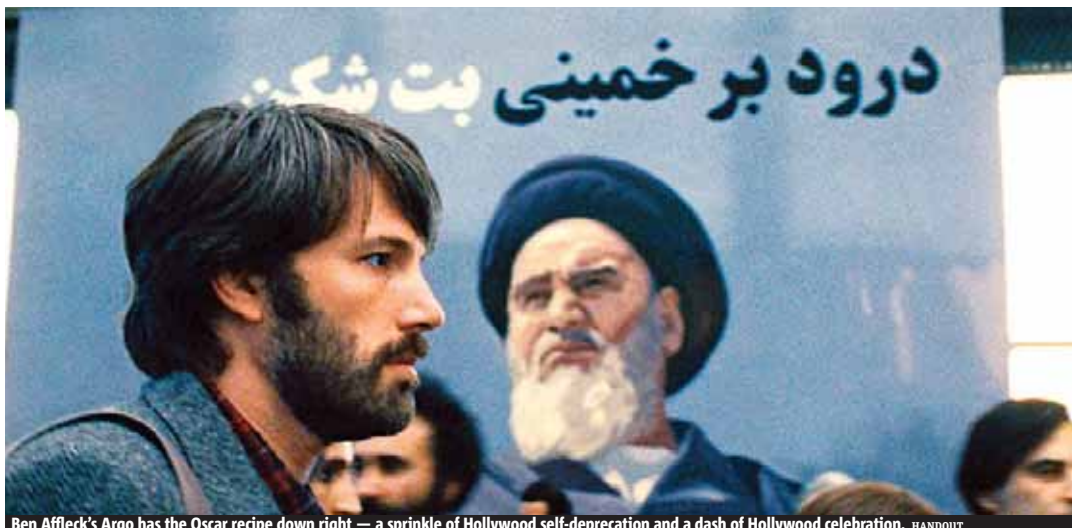
The movies that deserve some love from the golden statuette

Academy Awards. Metro's Hollywood correspondent Ned Ehrbar outlines his favourites for Oscar nominations



NED EHRBAR
Metro World News in Hollywood

It's never too early to start thinking about the Oscars. September marks the beginning of the season in which most of the contenders are released and we've already seen some strong candidates for the win. Here are the films I think will top every Academy member's list this year.



Ben Affleck's *Argo* has the Oscar recipe down right — a sprinkle of Hollywood self-deprecation and a dash of Hollywood celebration. HANDOUT

Argo

At this point, Ben Affleck's true-life CIA rescue thriller is pretty much a lock for a best picture nomination — and the odds-on favourite to win. The subject matter is Hollywood-friendly, poking fun at the industry while also making it heroic, and its continued box office success means it's also a popular favourite.

The Master

A likely nominee but a long shot to win, P.T. Anderson's drama suffers less from any uproar over its Scientology subtext — turns out there was no outrage — than it does from it generally leaving audiences cold. It's still a work of art, but one that won't break through with more crowd-pleasing competition.

Life of Pi

Ang Lee's ambitious, 3D behemoth is a bit of a question mark, but it will probably earn a nomination for sheer artistry. Whether

audiences connect with its shipwrecked hero and animal companions, though, is yet to be seen. It could just as easily find itself facing the same uphill battle as...

Cloud Atlas

A big, messy, ambitious film that's guaranteed not to win best picture but deserves at least to be nominated, *Cloud Atlas* — which has so far divided critics and left audiences cold — will likely pick up a good share of technical nominations but miss winning in any of the name-brand categories, a proud tradition carried on by *Inception* in 2011 and *Hugo* in 2012.

Les Misérables

If it's about crowd-pleasing, this may give *Argo* its stiffest competition. *Les Misérables* features a rousing, power-to-the-people story, an all-star cast led by Hugh Jackman, The King's Speech director Tom Hooper and famous, tear-jerking songs. Yes, we hear the people sing.

Lincoln

Directed by Steven Spielberg. Written by Tony Kushner. Starring Daniel Day-Lewis as Abraham Lincoln. It's almost as if *Lincoln* was built in an Oscar bait lab. Of course, that's how Spielberg's *War Horse* appeared last year until people actually saw it. The difference is that *Lincoln* is good, and Day-Lewis is a lock for a best actor nod.

The Impossible

Depending how audiences respond, this true-life survival tale could also be tough competition for *Argo*. It's equal parts harrowing and uplifting, with a standout performance by Naomi Watts and a chilling recreation of the 2004 tsunami. Already a runaway success in the director's native Spain, we'll see if North Americans flip for it as well.

Beasts of the Southern Wild

While this gorgeous indie film about New Orleans bayou

dweller's battling a hurricane is expected to sweep the Film Independent Spirit Awards, it's a bit more of a long shot for an Oscar nod — but a deserving one. Maybe the devastation of Superstorm Sandy will boost its relevance.

Silver Linings Playbook

This one has also been earning raves at festivals for director David O. Russell (*The Fighter*) and actors Robert De Niro, Bradley Cooper (as a man with a mental condition) and Jennifer Lawrence (as the woman who helps him), who has a lot of best actress heat building around her.

Skyfall

A Bond film as a best picture nominee? If ever there was a chance, it's with this one. And after all, the best picture category was expanded specifically to make room for smartly made action films like this. It's a shame *The Dark Knight Rises* didn't live up to its pre-

On the other side...

Animated films vie for Oscar glory

Brave, *Wreck-It Ralph* and *Rise of the Guardians* are among the animated features angling for an Oscar nomination. The motion picture academy said Friday that 21 films have been submitted for consideration in the Academy Awards' animated feature category. Dr. Seuss' *The Lorax*, *Frankenweenie*, *Ice Age: Continental Drift* and *ParaNorman* are among the high-profile movies vying for one of five nominations.

THE ASSOCIATED PRESS

decessor, or it might be on the Academy Award nomination list instead.

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And ... action!

It's the question we've all been pondering from the second we heard that three more Star Wars movies were planned: Who will direct them? Here's a wish list, or a wouldn't-it-be-cool list, because a lot of the people here are tied up with franchises of their own

THE ASSOCIATED PRESS

J.J. Abrams

The most obvious choice, really. His sci-fi bona fides were already beyond reproach, and he solidified them with his re-imagining of the Star Trek franchise in 2009. His sequel Star Trek Into Darkness is due out next year.



Jon Favreau

He's a massive Star Wars fan and is extremely knowledgeable about Lucas and his life. He's also shown he can manipulate the kind of massive machinery it takes to make a blockbuster with the hugely successful Iron Man movies.



Peter Jackson

Sure, it makes sense. He's directed the Lord of the Rings trilogy — a massive franchise with a rabid fan base. But the last of his three Hobbit movies comes out in 2014. He might already be kinda wiped out at this point.



Sam Mendes

This might seem an odd choice until you see Skyfall. And you really should see Skyfall this weekend. But the American Beauty director said making a James Bond movie left him "knackered," so who knows whether he'd be up to it.



Kathryn Bigelow

She's just a bad-ass; a pioneering female action director. She proved she had a way with big, splashy set pieces with Point Break and became the first woman to win the best-director Oscar for The Hurt Locker.



Joss Whedon

Like Abrams, he has cultivated a well-deserved and loyal following among sci-fi fans between Firefly and Serenity, but he catapulted himself into a whole other stratosphere with last summer's hit The Avengers.



David Fincher

A hugely confident, virtuoso filmmaker mostly known for drama, but his remake of the Swedish hit The Girl With the Dragon Tattoo was epic, and The Social Network and The Curious Case of Benjamin Button showcased his mastery of special-effects.



Christopher Nolan

Dark Knight. 'Nuff said.



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Kristen Bell ALL PHOTOS GETTY IMAGES

Oh baby Bell! Kristen's carrying

They may have vowed to put off tying the knot until same-sex marriage is legal again in California, but engaged couple Kristen Bell and Dax Shepard are reportedly not waiting to start a family. Sources tell People magazine that Bell is pregnant with their first child, due in the

spring. "They're so excited — they're both ecstatic. They can't wait to become parents," the source says. "Kristen had a little bit of morning sickness early on, but she just started shooting the second season of House of Lies and is feeling great now."

Osbourne has double mastectomy



Sharon Osbourne

Sharon Osbourne has revealed that she recently underwent a double mastectomy because of a genetic predisposition to develop breast cancer, she tells Hello! Magazine. "I've had cancer before, and I didn't want to live under that cloud. The odds are not in my favour," she explains. "I didn't even think of my breasts in a nostalgic way. I just wanted to be able to live my life without that fear all the time." Osbourne admits her son, Jack, becoming a father this year had a lot to do with the decision. "I want to be around for a long time and be a grandmother to Pearl," she says.

Bynes: I wasn't naked at the fake 'n' bake



Amanda Bynes

Amanda Bynes is standing firm with her assertion that In Touch magazine's story about her parading naked around a New York tanning salon is bogus. "I'm suing In Touch for printing a fake story. I'm not 'troubled,' I don't get naked in public. I'm 26, a multimillionaire, retired. Please respect my privacy," Bynes tells Us Weekly. And it appears the tanning salon is backing up her claim. "Employee testimony and security footage have confirmed that Ms. Bynes was not acting inappropriately," Beach Bum Tanning CEO James Oliver says in a statement. "She is a long-time client and we stand by her account."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Britney Spears: The blond Jane Austen



THE
WORD
Dorothy Robinson
scene@metronews.ca

There's a trend in book publishing where a superstar gets paid buckets and buckets of cash to 'write' a book and people actually read it thinking it's the fruit of their favourite celebrity's labour (see: Snooki, Lauren Conrad, Bethenny Frankel and the Kardashian sisters). The latest to join their ranks? Britney Spears, who is reportedly in talks with It Books. That's according to The Hollywood Reporter, which writes, "Britney Spears is close to signing a book deal ... with plans to



write a novel.... The story would incorporate fictionalized versions of her own experiences."

Her own experiences and not, say, a supernatural teen romance? Actually, Spears' life — spawning with a back-up dancer from Fresno, Sam Lufti, shaving her head, being under the conservatorship of her father — is on the

level of Shakespeare (you know Lady MacBeth would be a former Mouseketeer if Macbeth were written nowadays).

Write from the heart, Britney! Don't let your underpaid ghostwriter tell you what's what!

But in all honesty, you know if Spears wrote from the heart, the whole book would typed in Wing Dings.

And we're back with the Beckham show!



David Beckham

David Beckham may be looking to add talk show host to his list of job titles, as two different TV companies have reportedly offered him his own show, according to the Daily Star. "We want David on board whether or not he continues to play for the [L.A.] Galaxy," a source close to one of the companies, Time Warner Cable, says. "We are on our way to becoming the world's biggest sportscaster, and he is a key part of our future." Time Warner

has reportedly offered him a "multimillion-dollar" contract, prompting the Fox Sports network to make an offer of their own.

Twitter



@rihanna

Man my album is complete, and I need a f---ing drink and a roll up! It was quite the journey, but it's all part of our story!



@JimCarrey

In the near future we'll only be able to communicate through devices. Actual human contact will be outlawed by the Apple iCourt.



@lindsaylohan

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@kevin_nealon

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YOUR SKIN ISSUE

Your skin is dry, itchy and sensitive. You apply layer upon layer of moisturizer in a desperate bid to make it feel soft again.

What's going on?

Winter winds and low humidity levels can physically damage the skin barrier — its natural ability to protect itself from environmental insults and maintain adequate hydration. And with age, our body loses the ability to maintain moisture. The result? Skin feels dry, flaky and itchy.

How you can fix it

Get your skin barrier in the best shape possible, says Joshua Zeichner, a dermatologist in Manhattan.

"Thicken up your moisturizer. If you use a light lotion, switch to a heavier cream or ointment. If your skin is irritated, use a cortisone cream to reduce the inflammation."

Besides water content on the skin, you have natural oils that help maintain the skin barrier. But these are easily stripped away.

"People like to take very warm showers when it's cold. They also think it's OK to over exfoliate the skin to remove dry patches. But the combination of hot water and rough scrubbing will strip the skin of its natural lubricating oils," warns Zeichner.

Instead, take short luke-



Look familiar? CONTRIBUTED

warm showers and pat (don't rub) the skin.

YOUR FITNESS ISSUE

You wake up in the morning and it's cold and dark. You come home at night and it's cold and dark. Go for a run in the rain? You've got to be kidding!

What's going on?

You want to curl up on the couch, not exercise. And the last time you cycled to the gym you got caught in a snowstorm. And you practically had a mud bath going for a run in the park.

How you can fix it

"It takes your body a little bit longer to warm up when it's cold out. Your circulation is limited, therefore the range of motion in your muscles will suffer. You'll just feel like you're moving slower than usual," Ashley Conrad, personal trainer to Hollywood movie stars Bradley Cooper and Kate Hudson, tells Metro.

Her trick? Exercise first thing in the morning.

"Wake up and workout," says Conrad. "If you can't function on an empty stomach, have a lactose-free (to avoid bloating) whey protein shake. It gives you a boost

without making you feel full."

But according to celebrity trainer Harley Pasternak — whose clients include Rihanna and Lady Gaga — maintaining a stable weight year-round is crucial.

"Don't let your weight yo-yo. The last thing you want is to fatten up in winter and try to lean out in the summer."

YOUR DIET ISSUE

You're convinced all that shivering in the cold is helping you burn off thousands of extra calories. Therefore, that second chocolate bar

Top 3 winter investments

1 Performance workout gear: Choose apparel that really locks the heat in so that regardless of what temperature it is outside, your body stays warm.

2 A humidifier: The heat coming out of heaters can really dry out your skin, but this will help put the moisture back into the air.

3 A set of dumbbells: So you can train at home if you can't make the gym. Do lateral movements that don't require much space such as push ups and lunges.

doesn't count. Then why are you struggling to zip up your jeans?

What's going on?

During the winter, cold foods like salads don't provide us with the same satisfaction as richer, heartier foods. We're more likely to crave something we feel warms us up.

How you can fix it

"Temperature does have an effect on how many calories we burn. Just think about how much you physically shake when you're outside," says Kristin Kirkpatrick, nutrition advisor and wellness manager for the Cleveland Clinic Wellness Institute.

But do we need to eat more to compensate for these few times when we're cold? Her answer is no. "Most of us rarely find ourselves in a situation where we lack the resources to warm our bodies up."

The solution? Stay active.

"If you do the same amount of exercise as in the warmer months and you're burning more calories generating heat — then yes, you may need to eat more to maintain your weight."

Top 4 mood-boosting foods

"Lack of sunlight can lead to a drop in levels of the feel-good-hormone serotonin, affecting our mood and increasing the risk of depression," says nutrition advisor Kristin Kirkpatrick.

Eat one of these four foods to stay happy through these draining winter months.

Dark chocolate

For its ability to boost brain levels of endorphins and serotonin. In one study, scientists found that "highly stressed" individuals reported reduced stress levels after including 42.5 grams of dark chocolate in their diet for two weeks. Aim for at least 70 per cent cacao.



Salmon

For the omega 3 fatty acids. These may help ward off depression by increasing grey matter in three areas that tend to be smaller in people who are severely depressed.



Lentils

For the folate. Low folate status was detectable in depressed members of the general population.

Brazil nuts

For the selenium. Low levels of selenium have been associated with higher incidence of depression.



Improved cancer diagnostics and treatment among research projects

Prostate Cancer Canada. 'We want to eradicate prostate cancer. That is the goal.'

GILBERT
NDIKUBWAYEZU
life@metronews.ca

An estimated 26,500 Canadian men are diagnosed with prostate cancer in 2012. Of that number, 4,000 will die.

Those are worrisomely staggering numbers. But at Prostate Cancer Canada (PCC), the hopes are still high that this disease, the most common cancer among Canadian men, will eventually be stamped out.

"We want to eradicate prostate cancer," said Dr. Stuart Edmonds, chief scientific officer at PCC. "That is the goal, and I think we are making progress to that goal. So we have to make sure that we are investing in the right projects to be able to do that."

Edmonds said they have been registering great progress in reducing the number of deaths caused by prostate cancer over the years.



There has been a lot of treatment generated through research. ISTOCK IMAGES

PCC is supporting various research projects aiming at getting better diagnostics for prostate cancer and as a result, there is an increase in survivorship, he said.

The other aspect of research, he said, is directed at dealing with the side-effects of treatment to prostate cancer.

These side-effects include erectile dysfunction, loss of fertility and side-effects of chemotherapy.

"It can be very tough for men to experience," he said.

These research programmes are geared at supporting guys who are on their

journey to post treatment.

Some of the treatment procedures for prostate cancer can be challenging too, he said, citing surgery as the main treatment.

He said it requires a lot of attention and care to treat prostate alone and actually not damaging another tissue around it.

He added that there has been a lot of good treatment that has been generated through research, seeking to take care of the prostate much more effectively.

That is the case for robotics or image guidance surgeries

Online

For more information on prostate research or to make a donation to research, visit movember.com

(using image to detect where the prostate begins and ends) and radiation therapy.

Despite all the progress in research, Edmonds acknowledged that a lot still needs to be done in the fight against prostate cancer.

"I think there is still a lot we need to know; I think we don't know enough about the cause of prostate cancer, and so preventing it is challenging without knowing the cause," he said.

PCC funds research projects from various universities and hospitals across the country.

The selection of research proposals to fund is done through rigorous parity process headed by experts.

"We want to make sure that we fund the best research," he said, adding that the proposals need to be seen as having the potential to make the greatest impact on prostate cancer.

Best Health

Know the risks of prostate cancer



BEST HEALTH
MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November issue of Best Health magazine, on newsstands now, we have a special section for men, and a guest column by Dr. Chris Watt, a B.C.-based sports medicine physician.

He explores many aspects of prostate cancer, including help for figuring out who is most at risk. Watt says there are two types of risk: avoidable and unavoidable.



Avoidable risk factors
Poor diet

and lack of exercise. To mitigate those, eat less saturated fat, and get more fibre into your diet. Exercise more (aiming for 30 minutes a day) and maintain a healthy body weight.

Unavoidable risk factors

Age (most prostate cancers are diagnosed over age 65) and ethnicity are two unavoidable factors, says Watt.

"The disease is more common and more fatal in black (people), less common in white (people) and the least common in Asians."

Family history is another unavoidable factor. Risk is much higher if you've had two or more relatives diagnosed, and particularly high if your father or brother was diagnosed younger than 65 years old.

Watt goes on in the article to talk about the pros and cons of getting a screening test.

To get the whole article, pick up the latest issue of Best Health, on newsstands now.

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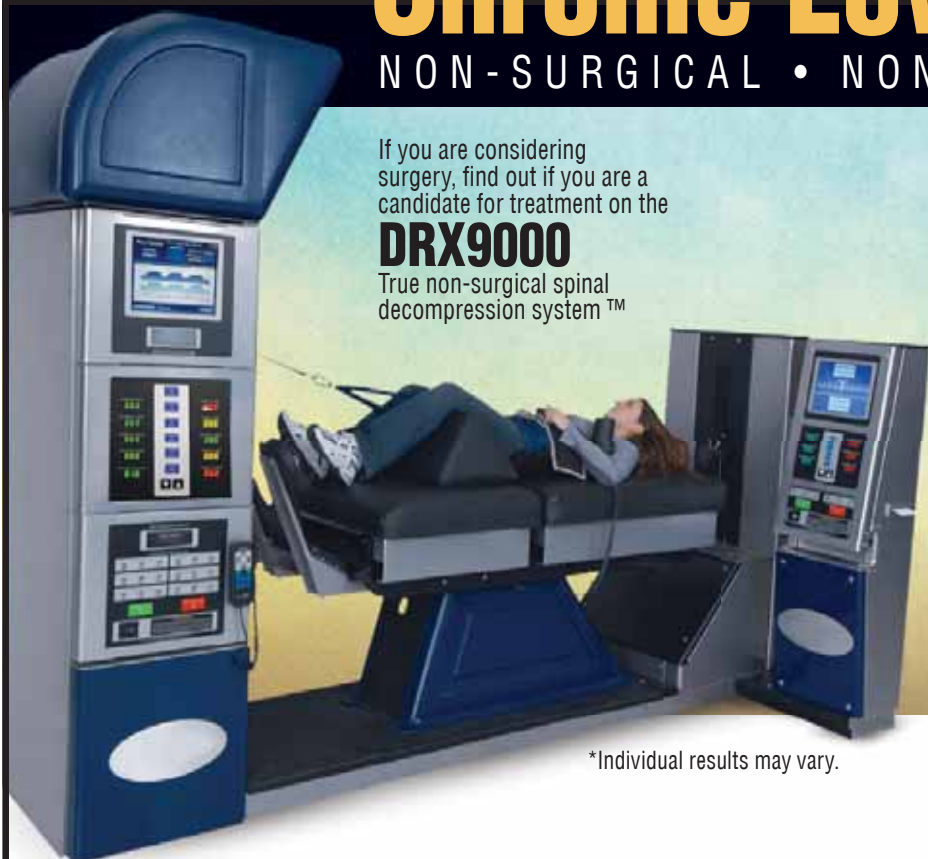
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*Individual results may vary.



Jazzed-up rice pilaf makes side dish the main event



This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

This wild-and-brown-rice pilaf with dried fruits and pecans is amazingly versatile. I serve it as a side salad at meals, put it on a buffet table or use it to stuff roasted chicken or turkey. Very little oil is needed because of the flavours in the salad.

1. Combine the wild and brown rice with the stock in a saucepan. Bring to a boil. Reduce the heat to a simmer, cover and cook for 35 to 40 minutes, or just until the rice is tender. Drain off the excess liquid. Place the rice in a large serving bowl and set aside to cool.

2. Stir the pecans, green onion, cranberries, apricots and cilantro into the cooled rice.

3. Whisk the olive oil, juice concentrate, lemon juice, soy sauce, vinegar, sesame oil

and garlic together in a small bowl. Pour the dressing over the salad and toss to coat.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 3/4 cup wild rice
- 3/4 cup brown rice
- 4 cups vegetable or chicken stock
- 1/2 cup chopped pecans, toasted
- 1/3 cup chopped green onion
- 1/3 cup dried cranberries
- 1/3 cup dried chopped apricots
- 1/3 cup chopped cilantro or parsley
- 1 tbsp olive oil
- 1 tbsp orange juice concentrate, thawed
- 1 tbsp freshly squeezed lemon juice
- 2 tsp low-sodium soy sauce
- 2 tsp raspberry or balsamic vinegar
- 1 1/2 tsp sesame oil
- 1 tsp minced fresh garlic

Health solutions

Get squashed this winter



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Squash and zucchini are from the same family. Did you know that? We think of zucchini as a pulpy cousin of cucumber rather than the summer version of squash.

Winter squash varieties are the mature fruit (yes, fruit) of the same vine-grown side dish.

The key difference is the seed size and edibility, plus whether or not you eat the skin. Winter squash varieties range from butternut and acorn to Hubbard and pumpkin.

Visit a farmers' market and enjoy shapes and sizes that will dazzle your eyes and your tongue.

Cooking is simple. All varieties can be halved, scooped of seeds, roasted until soft and cut side down in a roasting

pan with a 1/4 inch of water. Flip the cut side up for the last 10 minutes and brush with butter or oil and a dash of cinnamon and garlic.

It couldn't be simpler to add to your diet. A single cup of the stuff includes approximately:

• 23 per cent of your fibre needs

• 214 per cent of your vitamin A needs

• 33 per cent of your vitamin C needs

• 14 per cent of your potassium needs

For a fun option, pick up a spaghetti squash and bake it whole for about an hour. Slice and scoop out the seeds and then pull threads with a fork from the skin and drizzle with extra virgin olive oil, fresh minced garlic and grated Parmesan cheese. Who needs all the carbs of pasta?

Theresa Albert is an author and on call, private nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com



Herb-crusted sweet potatoes. A satisfying and unique crunch



1. Heat the oven to 350 F. Coat a large casserole dish or a 9-by-13-inch baking pan with cooking spray.

2. Place the potatoes in a large saucepan and add enough water to cover by 1 inch. Add 2 teaspoons of salt and bring to a boil. Cook until firm-tender, 12 to 15 minutes. Drain the potatoes, then spread them in an even layer in the prepared casserole dish or baking pan.

3. In a small bowl, combine 1/2 teaspoon salt, 1/2 teaspoon black pepper, the panko, thyme, rosemary and sage. Sprinkle over the sweet

potatoes. Drizzle the melted butter over the crumbs and bake for 30 minutes, or until golden brown and tender.

THE ASSOCIATED PRESS

Ingredients

- 4 lbs sweet potatoes, peeled and cut into 1/2-inch-thick slices
- Salt and ground black pepper
- 1 cup panko breadcrumbs
- 1 tbsp chopped fresh thyme
- 1 tbsp chopped fresh rosemary
- 1 tbsp chopped fresh sage
- 1/4 cup (1/2 stick) butter, melted

Give boring squash new life with a spicy peanut coating

The trouble with butternut squash is that we tend to be pretty unimaginative in how we prepare it. As such, the results often are fairly lacklustre. Most people just steam and mash it, giving it the appearance of mashed potatoes. Others go for roasting.

Here is a recipe that effortlessly delivers tons of flavour and a nice presentation without a ton of effort.

To get those results, turn to a relatively new ingredient — powdered peanut butter.

It appeared on the market several years ago, but only now is getting any attention.

It is exactly as it sounds — peanut butter that has had nearly all of the fat extracted. The resulting fine powder has



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

deep, rich peanut flavour, but can be used in ways conventional peanut butter cannot, such as in dry spice rubs.

Mixed with a handful of seasonings, the powdered peanut butter creates a rich flavouring that works well with the natural sweetness of the squash.

To find powdered peanut butter, check the natural foods aisle at the grocery store.

If you strike out, get online. It's widely available from web retailers.

1. Heat oven to 350 F. Coat 2 rimmed baking sheets with cooking spray.

2. Cut peeled and seeded squash into bite-size pieces, then place in large bowl. Drizzle squash with olive oil, then toss to coat evenly. Set aside.

3. In a small bowl, mix together the powdered peanut butter, garlic powder, smoked paprika, chili powder, cumin, salt and pepper. While using a silicone

spatula to toss the squash, sprinkle the seasoning mixture over it, continuing to toss until all of the squash is well coated.

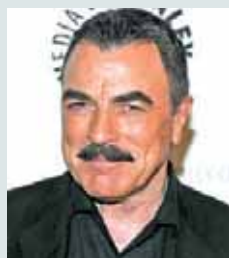
4. Transfer the squash to the prepared baking sheets, using the spatula to scrape the oil and seasonings from the bowl. Arrange the squash in an even layer, then roast for 25 minutes. Use a spatula to flip the squash, then roast for another 20 minutes, or until lightly browned and tender. THE ASSOCIATED PRESS

What does your facial hair say about you?

When it comes to men's hair, Canadian women have opinions. According to a new survey by Match.com, 62 per cent of single Canadian women are most attracted to clean-shaven men. Sixteen per cent liked men with stubble and only eight per cent of women liked a man with a moustache.

Match.com found a significant difference between the dating styles of Canadian men depending on the facial hair they wear.

Do these celebrities fit their faces?



**The moustache:
The lover**

- Moustached singles are more likely than any other men to pucker up before they say good night. Almost half will kiss on the first date.
- Tom-Selleck-inspired men are the most likely to believe age is just a number. Seventy-eight per cent would consider dating someone 10 years younger than them.



**The goatee:
The adventurer**

- Of all men, gentlemen with goatees are most likely to have experienced a one-night stand — a whopping 75 per cent have pulled a one-nighter.
- Men with goatees spend more on a first date than any other; one third (33 per cent) will dish out more than \$80 on a first date.



The beard: The shy guy

- Bearded Canadian men are least likely to have asked someone out in the last year — only 16 per cent have popped the question.
- They're also least likely to have had sex in the past year. Thirty per cent of bearded men have gone without.



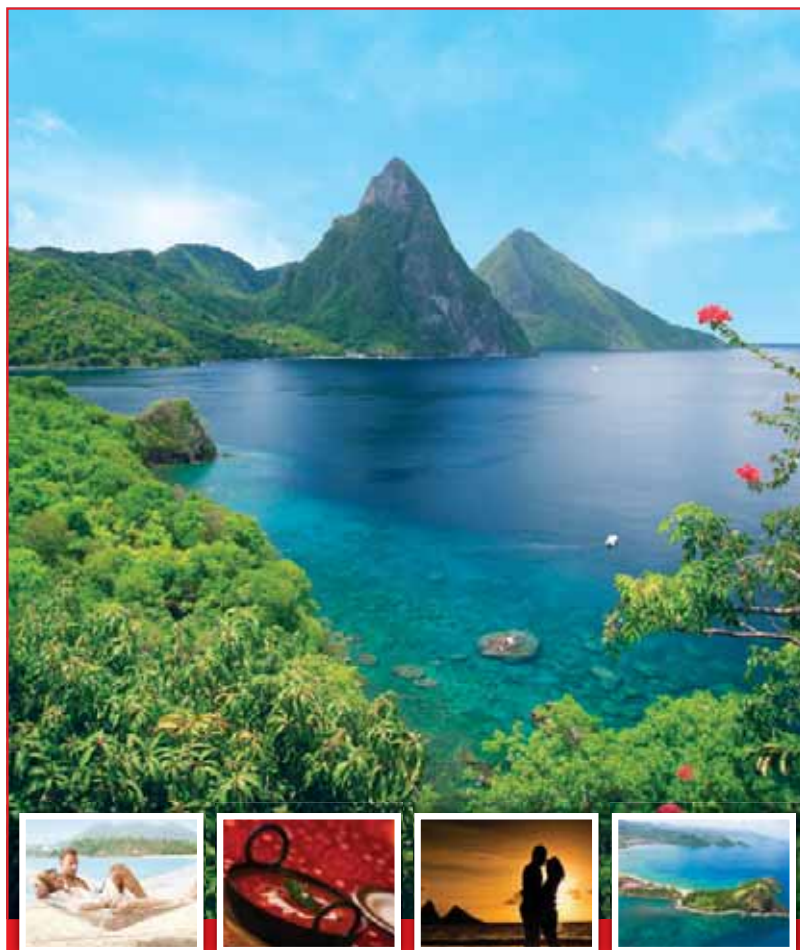
The five o'clock shadow: The romantic

- Eighty-five per cent of men with stubble are most likely to have experienced love at first sight.
- However, they're also most likely to think about sex on a daily basis. Fifty-three per cent think about sex several times a day.



The clean shaven: The gentleman

- Are old-fashioned. The majority of clean-shaven men, 65 per cent, believe sex on a first date is a no-no.
- Exactly half of smooth-faced Canadians believe it doesn't matter who initiated the date, the man should pay.



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AIR CANADA  VACATIONS



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Be careful if a financial advisor recommends merging RRSPs in order to save on administration fees. ISTOCK IMAGES

No such thing as a joint RRSP account

Alison on money.
Best not to bank on this advice



YOUR MONEY
Alison Griffiths
money@metronews.ca

I have just uncovered a dastardly plot. Here's how it unfolded.

A recently married couple in their late 30s happened to be doing some banking together.

The financial advisor at the branch where they both had accounts made a suggestion.

She recommended they merge their RRSPs in order to save on administration

fees.

But there is no such thing as a joint RRSP account.

There are spousal accounts opened by the higher income earner. Deposits are made for the benefit of the person whose name is on the account and the contributor gets the tax deduction.

After a little digging, the light dawned. Turns out the wife has an RRSP at the branch level of the bank. As is the case with most such investment accounts, she is only able to invest in the bank's own mutual funds and GICs.

The husband has his RRSP at the brokerage arm of the bank and has access to virtually all investments, including exchange traded funds (ETFs), mutual funds, stocks and bonds.

The bank advisor wants him to transfer his brokerage RRSP to the bank.

But the result for the husband would be moving from lots of choice to little choice.

And if he owns anything but the bank's own mutual funds, he'll have to sell them and re-invest in funds recommended by the advisor.

He might also end up paying deferred sales charges on mutual funds purchased in the last six years and/or trading fees. And he won't save a dime on administration fees.

All of this is very good for the advisor — increased client base, more fees and higher profits for the bank on products sold.

But it is very bad for the husband.

This couple is contem-

plating the advisor's suggestion because they want to simplify their finances. But they don't really understand the recommendation or the ramifications.

I understand they want some financial guidance, but investment advice at the branch level is really just sales.

The couple will receive boilerplate type recommendations and no independent analysis.

Instead, I suggest they move her RRSP to the brokerage and spend the next little while educating themselves about investing while looking for an independent, preferably fee-for-service, advisor.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Gross national happiness

Is frugality a measure of happiness?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I attended the Banff Mountain Film and Book Festival last Thursday evening and had the privilege of hearing David Suzuki speak.

Suzuki shared the floor with Dasho Kinley Dorji, secretary of communication and information for the Himalayan country of Bhutan. The subject of their discussion was to understand Bhutan's movement away from economic measures like Gross Domestic Product (GDP), used to determine the productivity and success of a country, toward Gross National Happiness (GNP), how content and fulfilled the people of Bhutan truly are.

What became clear during Suzuki and Kinley's discussion was that in Western society we spend a significant amount of time producing, earning and buying more, but, generally speaking, striving for more money and fancier possessions doesn't make Westerners happy.

According to Kinley, happiness is found in being content, whatever a person's context is.

Suzuki elaborated by reflecting on lessons from his upbringing. For example: Live within one's means, avoid wastefulness, find value in non-material aspects of life like maintaining one's culture and investing in relationships, consider the future for yourself and others and find contentment in what we have rather than

over-consuming in the hopes of filling voids of happiness in our lives.

Their comments can be directly correlated to frugal living and commitment to environmental sustainability. Additionally, studies of North Americans have shown that frugality is linked to lower levels of stress and anxiety, ultimately contributing to a happier life.

Want greater happiness for your life? Take Suzuki and Kinley's advice.

Right-size your lifestyle to your budget. If you're going broke just to keep up with the Jones's, stop. Adjust your lifestyle to avoid layering on unnecessary debt and stress. This might mean moving to a smaller home or driving a less expensive car. Living within your means involves sticking within a budget and spending less than you make.

Be resourceful. Find ways to conserve energy and reduce waste. For example, walk rather than drive or buy high quality used furniture that doesn't break. Find ways to stretch out the lifespan of products you use and when you're finished with them, recycle.

Focus your time and money on things that truly matter. Over-consumption won't make you happy, so focus your efforts on preserving your environment, investing in relationships, and building a secure financial future; all of which will allow you to create a fulfilling life.

Though happiness isn't measured nationally here in Canada, perhaps we should adopt it on a personal level. What does happiness mean to you?

Follow Lesley on Twitter
@LesleyScorgie



Adjust your lifestyle to avoid layering on unnecessary debt and stress.
ISTOCK IMAGES

CFL

Former coach Matthews says he has cancer

Don Matthews, one of the CFL's most successful head coaches, says he has cancer in his lymph nodes.

Matthews released a statement on Monday saying he will not be participating in any of the festivities surrounding the 100th anniversary of the Grey Cup as he prepares for his fight with the disease.

"I've got this and I'm dealing with this. But I want everyone to know I plan to fight like hell and I intend to be playing golf at this time next year."

Matthews said in the statement released by the Toronto Argonauts.

THE CANADIAN PRESS



Don Matthews

TORSTAR NEWS SERVICE FILE

Tennis

Nestor, Mirnyi win ATP finals doubles opener

Canadian Daniel Nestor and Belarusian partner Max Mirnyi struggled to win their opening match at the ATP World Tour Finals on Monday, defeating Swede Robert Lindstedt and Horia Tecau of Romania 4-6, 7-6 (1), 12-10.

Nestor and Mirnyi will split up at the end of the week. Nestor, 40, will play in 2013 with Indian Mahesh Bhupathi.

THE CANADIAN PRESS



Former Edmonton Eskimos general manager Eric Tillman speaks to the media in Edmonton on Nov. 12, 2010, at Commonwealth Stadium about the firing of head coach Richie Hall. Tillman was fired by the Eskimos on Saturday. JOHN ULAN/THE CANADIAN PRESS FILE

Eskimos move past firing of Tillman

CFL. Focus is on the Argos in the Eastern semifinal on Sunday

The Edmonton Eskimos are moving on.

Saturday's surprising firing of general manager Eric Tillman sent shockwaves through an organization that has endured turmoil throughout much of the season, but by Monday the players and coaching staff were getting on with preparation for the upcoming CFL Eastern semifinal.

Head coach Kavis Reed said while Tillman's firing

Quoted

"There's always some kind of distractions, but the good teams overlook those distractions and play well. That's what we're going to do."

Eskimos receiver Marcus Henry

is tough on a personal level, he's focusing his attention on this week's practices before playing the Toronto Argonauts on Sunday.

"Eric and I have a history of working together, so the first thing was looking at it from the more human side of it versus the business side," Reed said. "The couple of hours we spent together (Saturday) chatting was not about

football, but more about life itself.

"This is a business, you know that, but I will never divorce the human element. Obviously Eric gave me an opportunity, championed my cause to be a head coach in this league. I've worked with him as an assistant coach. We've always worked well together. From the human aspect, it's been taxing."

Receiver Marcus Henry said the firing "was a surprise to most of us, but we don't know much about it. That's about all we can say."

Since club president and CEO Len Rhodes announced Tillman's dismissal and said it was for "no specific reason," there has been speculation about the club's motives.

Rumoured reasons include conflicts between Tillman and the football operations staff, negative fallout of the Ricky Ray trade to Toronto, Tillman's refusal to move to Edmonton and the constant turnover in players, including other Tillman trades that didn't work out this season.

THE CANADIAN PRESS

NHLPA source sees lots of hurdles still in talks

With optimism rising that a deal to save the NHL season could be within reach, a player on the NHLPA bargaining committee told Torstar News Service the sides were still quite far apart.

The player, who requested anonymity, said the league still hasn't put anything on paper regarding what appears to be the make-or-break issue: That owners pay players their salaries in full.

"If the league wants to take responsibility (for player contracts) in this 'make whole' thing then we have something to talk about," the player said.

"We'll see. We've seen a lot

of b.s. in this process so far. If the owners do take responsibility, then there's movement. But the way this thing has gone so far, we (the players) wouldn't be surprised if they don't.

"Right now there's nothing on paper. Hopefully (Tuesday) we see something on paper and we go from there."

As talks to save the NHL season reach a critical stage — the sides were set to meet on Tuesday in New York — the fact bigwigs have kept a low profile with no shots of rhetoric aimed across each other's bow had been seen as a sign of hope.



Queen's University labour lecturer and former management-side negotiator George Smith

"I think that's the first positive sign that there's some movement toward trying to

Quoted

"If this round is serious and if it's not successful, then you really are looking at some version of Armageddon ..."

Queen's University labour lecturer and former management-side negotiator George Smith on the importance of this week's NHL negotiations

find a solution, that maybe something could be done without costing the season," said Buzz Hargrove, former president of the CAW and ex-ombudsman of the NHLPA.

"I can see talks are more urgent," said George Smith, a labour lecturer at Queen's University and former management-side negotiator. "They've each fired off their cannons. Players are in Europe. The owners cancelled the Winter Classic."

"It's like: 'Wow, we've run out of ammunition. We better see if we can do this.'"

Donald Fehr, executive director of the NHLPA, and his brother Steve, the union's special counsel, were expected in New York on Tuesday for face-to-face bargaining with representatives of the league.

TORSTAR NEWS SERVICE

4 SPORTS

NBA				
EASTERN CONFERENCE				
	W	L	Pct	GB
New York	3	0	1.000	—
Milwaukee	2	0	1.000	1/2
Orlando	2	0	1.000	1/2
Miami	3	1	.750	1
Chicago	2	1	.667	1
Charlotte	1	1	.500	1 1/2
Atlanta	1	1	.500	1 1/2
Brooklyn	1	1	.500	1 1/2
Indiana	2	2	.500	1 1/2
Cleveland	1	2	.333	2
Boston	1	2	.333	2
Philadelphia	1	2	.333	2
Toronto	1	2	.333	2
Washington	0	2	.000	2 1/2
Detroit	0	3	.000	3

WESTERN CONFERENCE				
	W	L	Pct	GB
San Antonio	4	0	1.000	—
Dallas	3	1	.750	1
L.A. Clippers	2	1	.667	1 1/2
Golden State	2	1	.667	1 1/2
Minnesota	2	1	.667	1 1/2
Houston	2	1	.667	1 1/2
Memphis	2	1	.667	1 1/2
New Orleans	2	1	.667	1 1/2
Portland	2	2	.500	2
Oklahoma City	1	2	.333	2 1/2
Utah	1	3	.250	3
L.A. Lakers	1	3	.250	3
Phoenix	1	3	.250	3
Sacramento	0	3	.000	3 1/2
Denver	0	3	.000	3 1/2

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Monday's results				
Dallas 114	Portland 91			
Memphis 103	Utah 94			
Miami 124	Phoenix 99			
Minnesota 107	Brooklyn 96			
New York 110	Philadelphia 88			
San Antonio 110	Indiana 79			
Golden State at Sacramento				
Cleveland at L.A. Clippers				
Sunday's results				
New York 100	Philadelphia 84			
Toronto 105	Minnesota 86			
Orlando 115	Phoenix 94			
Atlanta 104	Oklahoma City 95			
L.A. Lakers 108	Detroit 79			
Tuesday's games				
All Times Eastern				
Toronto at Oklahoma City, 8 p.m.				
Orlando at Chicago, 8 p.m.				
Detroit at Denver, 9 p.m.				
Wednesday's games				
Phoenix at Charlotte, 7 p.m.				
Washington at Boston, 7:30 p.m.				
Brooklyn at Miami, 7:30 p.m.				
Indiana at Atlanta, 7:30 p.m.				
Memphis at Milwaukee, 8 p.m.				
Orlando at Minnesota, 8 p.m.				
Philadelphia at New Orleans, 8 p.m.				
Denver at Houston, 8 p.m.				
Toronto at Dallas, 8:30 p.m.				
L.A. Lakers at Utah, 9 p.m.				
Detroit at Sacramento, 10 p.m.				
Cleveland at Golden State, 10:30 p.m.				
San Antonio at L.A. Clippers, 10:30 p.m.				
Thursday's games				
Oklahoma City at Chicago, 8 p.m.				
L.A. Clippers at Portland, 10:30 p.m.				

AHL				
EASTERN CONFERENCE				
ATLANTIC DIVISION				
	GP	W	L	OTL SOL GF GA Pts
Manchester	8	5	2	0 1 23 15 11
Worcester	10	4	4	1 1 26 32 10
St. John's	11	5	6	0 0 24 34 10
Portland	8	4	3	1 0 34 29 9
Providence	8	3	5	0 0 18 23 6
NORTHEAST DIVISION				
	GP	W	L	OTL SOL GF GA Pts
Springfield	9	6	1	0 2 33 17 14
Bridgeport	8	5	3	0 0 25 27 10
Connecticut	9	4	4	1 0 31 37 9
Adirondack	9	4	5	0 0 23 30 8
Albany	8	2	5	0 1 15 20 5

EAST DIVISION				
	GP	W	L	OTL SOL GF GA Pts
Norfolk	8	6	2	0 0 30 21 12
Syracuse	8	5	1	1 1 29 26 12
Binghamton	9	4	4	1 0 22 27 9
Hershey	9	4	4	1 0 26 26 9
W-B/Scranton	9	4	5	0 0 25 23 8

WESTERN CONFERENCE				
NORTH DIVISION				
	GP	W	L	OTL SOL GF GA Pts
Abbotsford	9	6	1	0 2 32 18 14
Lake Erie	11	7	4	0 0 36 29 14
Rochester	10	6	3	1 0 39 35 13
Hamilton	8	4	2	1 1 21 24 10
Toronto	8	3	4	0 1 19 24 7
MIDWEST DIVISION				
	GP	W	L	OTL SOL GF GA Pts
Chicago	10	6	3	1 0 28 29 13
Rockford	10	5	4	0 1 30 30 11
Grand Rapids	10	4	4	1 1 32 33 10
Milwaukee	9	4	5	0 0 21 24 8
Peoria	9	2	5	1 1 13 31 6

SOUTH				
	GP	W	L	OTL SOL GF GA Pts
Charlotte	10	7	2	0 1 40 24 15
Houston	10	5	3	1 1 35 28 12
Oklahoma City	10	5	4	0 1 31 31 11
San Antonio	9	4	4	0 1 19 22 9
Texas	8	3	5	0 0 16 27 6
Note: Two points awarded for a win, one for an overtime or shootout loss.				
Monday's results				
No Games Scheduled.				
Sunday's results				
W-B/Scranton 5 Bridgeport 3				
Worcester 1 Manchester 0 (SO)				
Charlotte 4 Chicago 1				
Providence 3 St. John's 0				
San Antonio 2 Oklahoma City 0				
Grand Rapids 2 Houston 1 (SO)				
Springfield 10 Connecticut 2				
Tuesday's game				
All Times Eastern				
Chicago at Charlotte, 7 p.m.				
Wednesday's games				
Norfolk at Bridgeport, 11 a.m.				
Milwaukee at Grand Rapids, 11 a.m.				
St. John's at Manchester, 7 p.m.				
Binghamton at W-B/Scranton, 7:05 p.m.				
Syracuse at Hamilton, 7:30 p.m.				
Thursday's games				
Peoria at Charlotte, 7 p.m.				
Toronto at Houston, 8:05 p.m.				

TENNIS				
ATP WORLD TOUR CHAMPIONSHIPS				
At London, England				
Monday's results				
ROUND ROBIN				
Singles				
Group A				
Novak Djokovic (1), Serbia, def. Jo-Wilfried Tsonga (7), France, 7-6 (4), 6-3.				
Andy Murray (3), Britain, def. Tomas Berdych (5), Czech Rep., 3-6, 6-3, 6-4.				
Standings: Djokovic 1-0 (sets 2-0), Murray 1-0 (2-1), Berdych 0-1 (1-2), Tsonga 0-1 (0-2).				
Doubles				
Group A				
Marcel Granollers and Marc Lopez (6), Spain, def. Bob and Mike Bryan (1), U.S., 7-5, 5-7, 11-9.				
Standings: Granollers-Lopez 1-0 (2-1), Paes-Stepanek 0-0 (0-0), Qureshi-Rojer 0-0 (0-0), Bryan-Bryan 0-1 (1-2).				
Group B				
Max Mirnyi, Belarus, and Daniel Nestor (2), Toronto, def. Robert Lindstedt, Sweden, and Horia Tecau (4), Romania, 4-6, 7-6 (1), 12-10.				
Standings: Mirnyi-Nestor 1-0 (2-1), Bhupathi-Bopanna 0-0 (0-0), Marray-Nielsen 0-0 (0-0), Lindstedt-Tecau 0-1 (1-2).				

TRANSACTIONS				
BASEBALL				
COMMISSIONER'S OFFICE — Suspended L.A. Dodgers RHP Jose Dominguez 25 games and free agent RHP Emerson Martinez and free agent SS Luis Valenzuela 50 games for violations of the Minor League Drug Prevention and Treatment Program.				

AMERICAN LEAGUE				
BOSTON RED SOX — Agreed to terms with DH David Ortiz on a two-year contract.				
N.Y. YANKEES — Claimed C Eli Whiteside off waivers from San Francisco.				
SEATTLE MARINERS — Agreed to terms with LHP Oliver Perez on a one-year contract.				

NFL				
CAROLINA PANTHERS — Claimed LB Jason Williams off waivers from Philadelphia.				
Waived CB Ron Parker.				
KANSAS CITY CHIEFS — Announced coach Romeo Crennel relieved himself of defensive co-ordinator duties. Waived CB Stanford Routt. Signed DT Shaun Smith. Named Gary Gibbs defensive co-ordinator.				
NEW YORK JETS — Signed LB D.J. Bryant and RB John Griffin to the practice squad.				
TAMPA BAY BUCCANEERS — Traded CB Aqib Talib to New England for a 2013 fourth-round draft pick.				

NHL				
ST. LOUIS BLUES — Reassigned F Cody Beach from Peoria (AHL) to Evansville (ECHL).				

AHL				
BRIDGEPORT SOUND TIGERS — Returned G Kenny Reiter to Fort Wayne (ECHL).				
PEORIA RIVERMEN — Loaned D Brent Regner to Evansville (ECHL).				
SPRINGFIELD FALCONS — Assigned G Mike Clemente to Missouri (CHL).				

CFL				
WEEK 19				
EAST DIVISION				
	GP	W	L	T PF PA Pts
Montreal	18	11	7	0 478 489 22
Toronto	18	9	9	0 445 491 18
Winnipeg	18	6	12	0 376 531 12
Hamilton	18	6	12	0 538 576 12
WEST DIVISION				
	GP	W	L	T PF PA Pts
B.C.	18	11	5	0 479 354 26
Calgary	18	12	6	0 535 430 24
Saskatchewan	18	8	10	0 457 409 16
Edmonton	18	7	11	0 422 450 14
Saturday's results				
B.C. 17 Saskatchewan 6				
Winnipeg 19 Montreal 11				
End of 2012 CFL Regular Season				
Friday's result				
Calgary 30 Edmonton 27				
Thursday's result				
Toronto 43 Hamilton 40				

PLAYOFFS				
Sunday, Nov. 11				
DIVISION SEMIFINALS				
Byes: B.C., Montreal				
East Division				
Edmonton at Toronto, 1 p.m.				
West Division				
Saskatchewan at Calgary, 4:30 p.m.				
Sunday, Nov. 18 — All Times Eastern				
DIVISION FINALS				
East Division				
Semifinal Winner at Montreal, 1 p.m.				
West Division				
Semifinal Winner at B.C., 4:30 p.m.				
Sunday, Nov. 25				
100TH GREY CUP				
At Toronto				
East vs. West Winners, 6 p.m.				

SCORING LEADERS				
x — scored two-point convert				
	TD	C	FG	S Pts
McCallum, BC	0	47	44	8 187
Paredes, Cal	0	49	40	1 170
Congli, Ham	0	49	40	2 171
Whyte, Mtl	0	50	33	9 158
Palardy, Wpg	0	31	39	6 154
Shaw, Edm	0	40	32	11 147
Waters, Tor	0	29	32	7 132
DeAngelis, Sask	0	26	30	2 118
x-C.Williams, Ham	15	2	0	0 92
Dressler, Sask	14	0	0	0 84
Cornish, Cal	13	0	0	0 78
Sheets, Sask	13	0	0	0 78
Harris, BC	x	11	0	0 66
x-Levins, Cal	10	2	0	0 62
Milo, Oshk	10	16	11	12 64
McPherson, Mtl	9	0	0	0 54
Whitaker, Mtl	9	0	0	0 54
x-Fantuz, Ham	8	6	0	0 54
Charles, Edm	8	0	0	0 48
Stamps, Edm	8	0	0	0 48
Walker, Ham	8	0	0	0 48
x-Matthews, Wpg	7	4	0	0 46
Brink, Wpg	7	0	0	0 42
Prefontaine, Tor	6	5	10	4 39
Kram, Ham	6	0	0	0 36
C.Koch, Edm	6	0	0	0 36
Quays, Tor	6	0	0	0 36
V.Ansari, Mtl	5	0	0	0 30
Bryce, Tor-Edm	5	0	0	0 30
Bruce, BC	5	0	0	0 30
Durie, Tor	5	0	0	0 30
Gore, BC	5	0	0	0 30
Iannuzzi, BC	5	0	0	0 30
Inman, Tor	5	0	0	0 30
Kackert, Tor	5	0	0	0 30

Horoscopes

Aries

March 21 - April 20

You are intensely curious about what's going on around you, and that's good. The more you try to understand why certain things are happening, the more likely it is you will be able to turn them into an advantage.

Taurus

April 21 - May 21

As Mercury turns retrograde in the wealth area of your chart today, you must strive to see solutions rather than problems. You may have to make some big changes but in the long term, they will be well worth it.

Gemini

May 22 - June 21

Try not to get caught up in a fight or feud that has nothing to do with you. You may not be the kind of person who stands back while other people get angry but on this occasion, it's by far the best course.

Cancer

June 22 - July 23

You need to look ahead and start making plans, but you must not act on those plans just yet. As Mercury, planet of the mind, turns retrograde today, it may be several weeks before the way ahead is clear.

Leo

July 24 - Aug. 23

You are not always as positive in your outlook as other people think you are and something is certainly bothering you now. Whatever it is, you can be sure it is of only minor importance. Put it out of your mind.

Virgo

Aug. 24 - Sept. 23

You may have to ask for assistance from a friend or family member today. The more you have kept your feelings to yourself in recent weeks, the less likely it is others will know anything is wrong. So tell them.

Libra

Sept. 24 - Oct. 23

As usual, you have lots to say. But as Mercury, planet of communication, begins one of its retrograde phases today, you would be wise to keep some of your more outrageous thoughts to yourself!

Scorpio

Oct. 24 - Nov. 22

This could be a rather confusing sort of day, so you will need to keep your number one goal in mind and in sight at all times. Keep your eyes and ears open, but also keep your head clear of distractions.

Sagittarius

Nov. 23 - Dec. 21

You need to come to grips with certain fears. You need to find ways to limit the hold they have over your life. To start, you need to accept they exist and that means accepting yourself as you are.

Capricorn

Dec. 22 - Jan. 20

Your mind will be wrestling with some pretty deep questions today and throughout the remainder of the week, but they must not be allowed to get in the way of everyday matters. You still have to put food on the table.

Aquarius

Jan. 21 - Feb. 19

Try to adopt a more light-hearted attitude. Try not to see the world and its problems as your responsibility. You can still find ways to do good but they must be ways that make you feel good as well.

Pisces

Feb. 20 - March 20

You need to be clear in your mind what the difference is between duty and pleasure. Can you find areas where you can do what is expected of you and have fun at the same time?

SALLY BROMPTON

Canadian Crossword

Across

- The — in the Hat
- Swiss mountain
- Dull throb
- Computer geek
- Hawaiian garland
- One who accomplishes
- Actor or actress
- Participated in a marathon
- and fro
- Easel boards
- Corn and Maple
- Hospital waiting room (abbr.)
- Haw
- Deal — No Deal
- Railing post
- Guido's high note (2 words)
- Put into office
- Honest President
- Assign
- Courtroom figure
- Tennis and volleyball apparatus
- Ready — Not
- Things of value
- Theatre passageways
- Elsewhere
- Heir, often
- Family photos
- This weighs — (2 words)
- High card
- Femur or ulna
- Cat and dog feet
- Born
- Spelling competition

Down

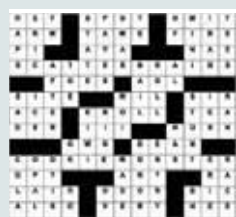
- Use a knife
- Fireplace residue
- Golf gadget
- MacGraw of "Love Story"
- Flowery meadow
- and needles
- Commercial

- Summer veggie
- of the Class
- Sea eagles
- Letters between Q and V
- Coke and Pepsi
- Camping equipment
- You Afraid of the Dark?
- New York stadium
- Puppy noises
- Gather
- Sun God

- Autumn colour
- Fade
- Aid in a crime
- Make a Deal
- Fictional Jane
- Canadian Automobile Association (abbr.)
- Computer lingo
- Supersonic jet
- Ticket receipt
- PDQ

- Small tiny amount
- Sub-zero precipitation
- Reach
- Drink cooler
- Average grade
- Pilfer
- Compass bearing
- Eye
- Canadian province (abbr.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	8	4	1	7	3	5	9	6
5	3	1	6	8	9	7	2	4
6	9	7	4	2	5	3	8	1
3	2	8	9	6	1	4	7	5
7	5	6	3	4	8	2	1	9
1	4	9	7	5	2	8	6	3
8	6	3	2	1	4	8	5	7
9	1	2	5	3	7	6	4	8
4	7	5	8	9	6	1	3	2

8		4		5				
			9				4	
	9			3		5		
5		7	2		9	4		
	6						2	
		2	5		3	1		9
		8		4			7	
3					8			
				1		6		3

Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 3°
MIN: -2°



MAX: 1°
MIN: -2°



MAX: -3°
MIN: -7°



MICHELE MCDOUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 5:30 AM

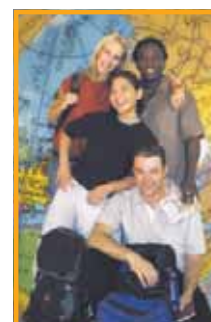


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- Low thyroid and your hormones
- The secret to halting bladder incontinence
- How to stop hair loss
- The secret to beautiful skin
- How to get your energy back
- Discover if you need bioidentical hormones

Lorna Vanderhaeghe, MS

Lorna Vanderhaeghe is a women's health expert who has been researching nutritional medicine for over 30 years. With degrees in nutrition and biochemistry, Lorna is the author of 11 books including her newest, *A Smart Woman's Guide to Hormones* and *A Smart Woman's Guide to Weight Loss*. She has a monthly newsletter which you can read on her website - www.hormonehelp.com

MEET AND GREET

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